

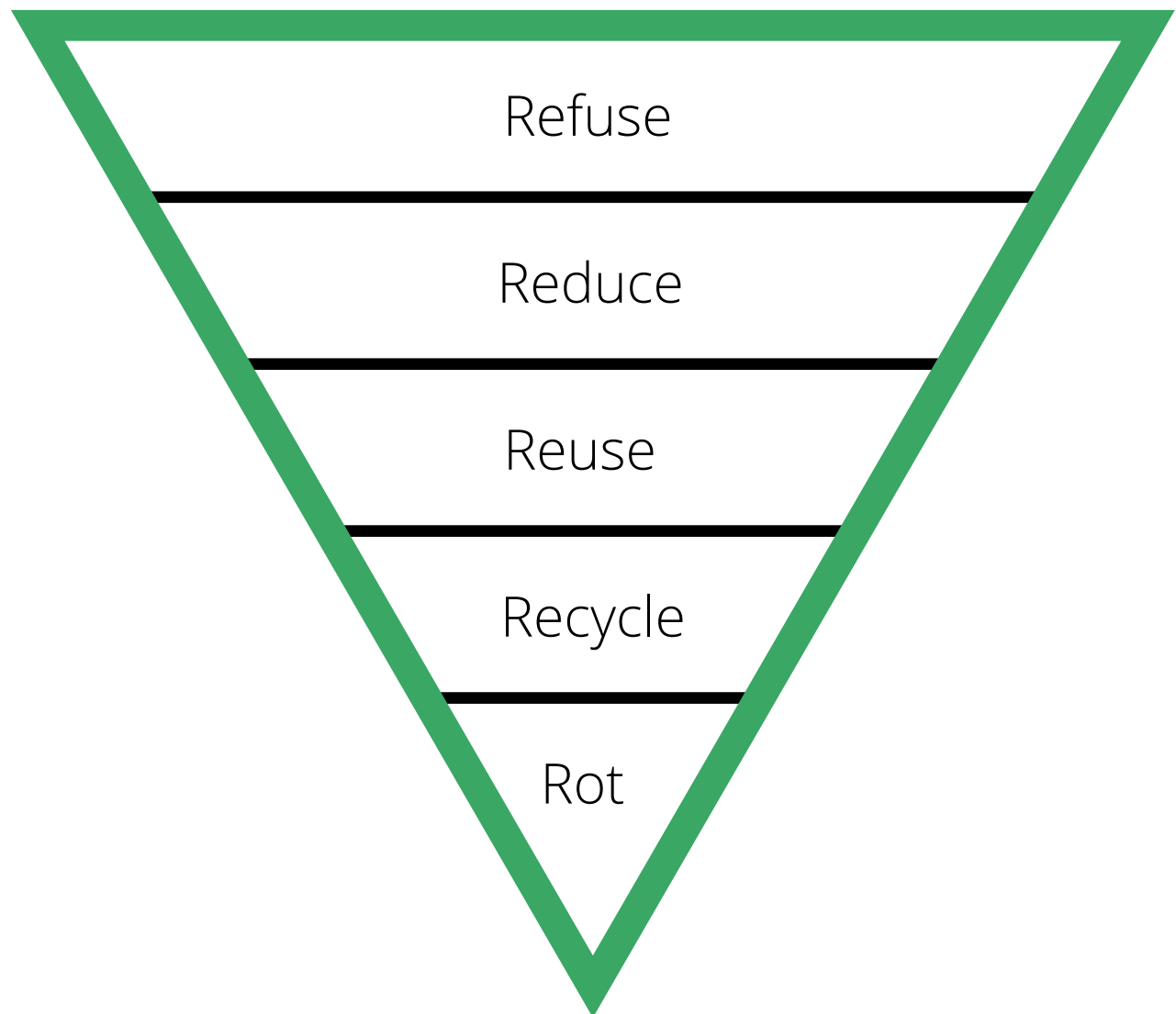
RAPPAHANNOCK REGIONAL SOLID WASTE MANAGEMENT BOARD

# ZERO WASTE GUIDE



# What is zero waste?

Zero waste is changing your lifestyle to reduce the waste that you generate. There are alternatives to placing items in the trash. Think refuse, reduce, reuse, recycle, and rot. This reduces the amount of waste you send to the landfill. For more information call 540-658-5279 or email [rboard@staffordcountyva.gov](mailto:rboard@staffordcountyva.gov)



# Refuse

Refuse by consciously buying less. Limiting the number of things you buy can decrease the amount of trash you make. Think: buying 24-pack of water bottles each week versus reusable water bottles and/or a water filter. Or buying boxes of food storage zipper bags regularly versus using plastic/glass containers. Another way to refuse is by stopping junk mail. According to the Sightline Institute, each American receives an average of 41 pounds of junk mail per year. Visit the Privacy Rights Clearinghouse at **[www.privacyrights.org](http://www.privacyrights.org)** for a comprehensive list of ways to get off mailing lists.

# Reduce

Reduce the number of single-use products that you purchase. Try to use reusable products when possible. Each person in our service area throws away an average of 7 pounds of trash each day. Reducing your consumption of single-use products reduces the amount of trash that you generate.

Replace single use food storage bags with reusable food storage bags.



Use your own water bottle instead of bottled water.



Replace disposable cups with reusable coffee cups.



Take your own produce bag to the grocery store.



Ditch the plastic straws for reusable, cleanable straws.



Take a reusable shopping bag to the store.



# Reuse

Reuse items when possible. Donating gently used items is an example of reuse. Reuse old items as something new. For example, old t-shirts being turned into cleaning rags or being sewed into quilts.

**Donate gently used items to organizations listed in our donate list.**

- ✓ Appliances
- ✓ Automobiles
- ✓ Books, audio books, music CDs and DVDs
- ✓ Clothing
- ✓ Furniture
- ✓ Household items

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**[www.r-board.org/donate](http://www.r-board.org/donate)**

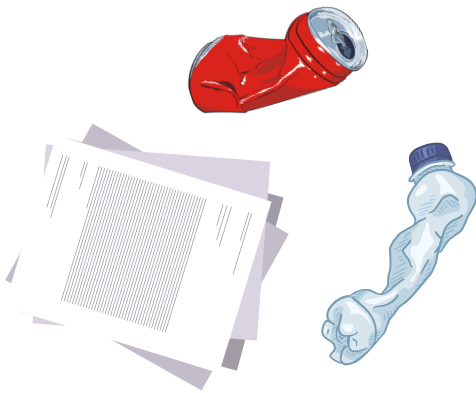


# Recycle

Recycle paper, metal, plastic, and glass. Contact your recycling company to see what they accept. The R-Board provides free recycling to residents of the City of Fredericksburg and Stafford County. Visit [www.r-board.org/recyclelist](http://www.r-board.org/recyclelist) to find out where you can recycle items beyond paper, metal, plastic, and glass.

## Recycle Right

**ALL ITEMS MUST BE  
EMPTY, CLEAN, AND DRY.**  
Liquids and food debris  
contaminate recycling,  
making it unusable.



### PAPER

#### DO

- Flatten cardboard
- Paper/envelopes
- Brochures/junk mail
- News/magazines
- Food/Drink Cartons

#### DON'T

- Soiled cardboard/paper
- Paper towels/tissues\*
- Paper/coffee cups
- Wrapping paper\*
- Items smaller than a postcard.\*



### METAL

- Clean aluminum cans
- Clean steel cans
- Clean aluminum foil
- Clean aluminum foil pans

- Food contaminated aluminum foil
- Food contaminated aluminum foil pans
- Scrap metal\*
- Aerosol/paint cans
- String/rope lights\*
- E-waste/wires\*

**DO NOT BAG.**  
Plastic bags do not belong  
in recycling bins. Clean  
plastic bags can be recycled  
at many grocery stores.



### PLASTIC

- Clean beverage bottles
- Clean jugs, tubs, and jars
- Attached lids/caps

- Bags/packaging
- Styrofoam\*
- Food wrappers
- Takeout containers
- Mailers



### GLASS

- Clean clear
- Clean green
- Clean brown
- Remove metal cap

- Ceramics/mirrors
- Storage containers
- Light bulbs
- Broken glass

**Please check with your recycling provider to ensure that they take the items mentioned above.**

\*There are alternative means to dispose of these materials instead of landfilling them.

# Rot

Rot is when your food scraps and yard waste are used for compost. Composting is a great way to create your own gardening soil. Composting alleviates the amount of food and yard waste sent to the landfill.

The R-Board offers backyard composting classes for homeowners. The classes will teach you how to compost your food scraps and yard waste, which compost bin might be right for your needs, and how to maximize your compost process. **Composting 101 classes** are open to everyone, but only residents of Stafford County and Fredericksburg City will be able to purchase a composting bin from the R-Board. Learn more at [www.r-board.org/community-outreach](http://www.r-board.org/community-outreach)



# Landfill

If your waste does not fall into the categories discussed in this guide, then it should be put in the trash to be sent to the landfill. However, some materials are flammable, explosive, or otherwise toxic and may require specific disposal. We offer specific Household Hazardous Waste Collection days for disposal of these materials.

Is something hazardous? Many items found in garages, basements, bathrooms, and kitchens are considered hazardous. Our Household Hazardous Waste collection events are held bi-annually. Gasoline, oil, paint thinner, oil paint, wood polish, furniture stain, pesticides, other household chemicals, cell phones, laptops, iPads, printer cartridges, computer cables, printers, microwaves, vacuums, toasters, other electronics, and smoke detectors are accepted. Bio-hazards, medical waste, explosives/ammunition, propane cylinders larger than 20 lbs, televisions, and old CRT monitors are NOT accepted.

The following household hazardous waste is accepted daily and can be dropped off at no charge for residents.

- Automotive and equipment batteries
- Fluorescent light bulbs (Regional Landfill only, no 8' bulbs)
- Motor oil (limit 5 gallons per resident per day)
- Antifreeze (limit 5 gallons per resident per day)

